



YOGA VACATION ON THE MAYAN RIVIERA

MARCH 4 - 11, 2017

A week of nurturing Yoga in the unhurried, warm beauty of the Mexican Caribbean.

REST, RENEW, NOURISH YOUR BODY, MIND & SPIRIT
with Molly Drake

& friends on the turquoise waters of the Yucatan Peninsula

VILLAS SHANTI • PUERTO MORELOS, MEXICO:

Restful comfort, seclusion & serenity 100 meters from the beach and a 15 minute walk to the town plaza.

THE YOGA:

Unhurried, vibrant daily Yoga with Molly in the center's spacious thatch roofed palapa. Enjoy tropical mornings with refreshing explorations of movement & poses and a restorative early evening session before dinner. All levels welcome!

EXPLORE THE NATURE & CULTURE OF THE AREA:

Mayan ruins—the jungle—snorkeling the beautiful reef—walks along the endless white sand beach—
or simply relax beside the courtyard pool . . .

COST:

Before Oct 15th, 2016- Double room: \$1810/person, Private room \$2385/person

After Oct 15th, 2016- Double room: \$1985/person, Private room \$2625/person

INCLUDES: 7 nights, room with all modern amenities (kitchen, bath, patio or terrace). Daily yoga, 1 dinner, 2 cocktail/appetizer hours, bountiful daily brunches. Full use of retreat center & yoga facilities.

A \$1000 deposit is due upon registration. Balance due by Jan.15th, 2017

DETAILS:

For Registration Information, or Questions About Yoga, Travel or What to Bring call Molly Drake 919-619-8148 or go to bluesaturation.com/Workshops

